

#184 A Letter of Gratitude to the Non-Living Things

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December 6, 2024



Dear Objects,

As someone who navigates the world with a disability I have come to appreciate you in ways that others may not. You are not just an item of filling space, you are my helpers, my companions and my supporters. In a life that can sometimes feel unpredictable, you provide me with stability, comfort and a sense of normalcy.

The sofa I sit in, the diwaan I rest on, the cupboard and table that hold my things all of you serve as more than just furniture. You create a sense of belonging, a space where I can relax, dream and recharge. You are the quiet background to my life, and I'm grateful for the comfort and security you bring.

I know I don't always acknowledge you but every time I reach for something familiar or settle into a routine you are there waiting patiently. You give me the space to live my life even if it's not always easy.

Thank you for being more than just inanimate objects. Thank you for your silent support in helping me navigate the world providing a sense of ease in my daily challenges.

With gratitude,
Shalo